

Table S1. Servings per day of individual dietary components in extreme quintiles of healthy and unhealthy plant-based diet score quintiles

Characteristic (servings/day)	Healthy plant-based diet index (hPDI)					Unhealthy plant-based diet index (uPDI)				
	Lowest quintile	SD	Highest quintile	SD	Ratio	Lowest quintile	SD	Highest quintile	SD	Ratio
whole grains	1.11	1.13	2.15	1.68	1.95	2.30	1.59	0.93	1.06	0.40
fruits	1.12	0.94	2.20	1.58	1.97	2.24	1.46	0.97	0.88	0.43
vegetables	2.56	1.50	4.09	2.44	1.60	4.64	2.19	1.92	1.24	0.41
nuts	0.43	0.69	0.57	0.80	1.32	0.75	0.90	0.29	0.50	0.39
legumes	0.37	0.29	0.53	0.48	1.44	0.60	0.44	0.28	0.24	0.46
vegetable oils	0.16	0.25	0.35	0.49	2.25	0.40	0.47	0.12	0.22	0.30
tea and coffee	2.09	1.87	2.49	2.00	1.19	3.05	2.03	1.64	1.66	0.54
fruit juice	0.94	0.88	0.61	0.78	0.65	0.76	0.91	0.83	0.85	1.09
refined grains	2.12	1.39	1.02	0.92	0.48	1.38	1.10	1.68	1.32	1.22
potatoes	0.80	0.48	0.37	0.31	0.46	0.54	0.41	0.59	0.45	1.09
sugar-sweetened beverages	0.72	0.82	0.11	0.31	0.15	0.19	0.39	0.59	0.78	3.06
sweets and desserts	2.16	1.70	0.74	0.88	0.34	1.26	1.37	1.62	1.51	1.29
animal fat	0.58	0.91	0.10	0.35	0.16	0.48	0.83	0.17	0.48	0.35
dairy	2.53	1.69	1.48	1.18	0.58	2.55	1.65	1.47	1.30	0.58
eggs	0.48	0.47	0.17	0.31	0.36	0.46	0.50	0.22	0.34	0.48
fish	0.37	0.28	0.42	0.41	1.15	0.55	0.38	0.25	0.23	0.44
meat	1.85	0.84	0.86	0.52	0.46	1.60	0.90	1.18	0.69	0.74
miscellaneous animal products	0.42	1.34	0.21	1.11	0.50	0.44	1.33	0.25	1.25	0.58

Abbreviations: SD = standard deviation

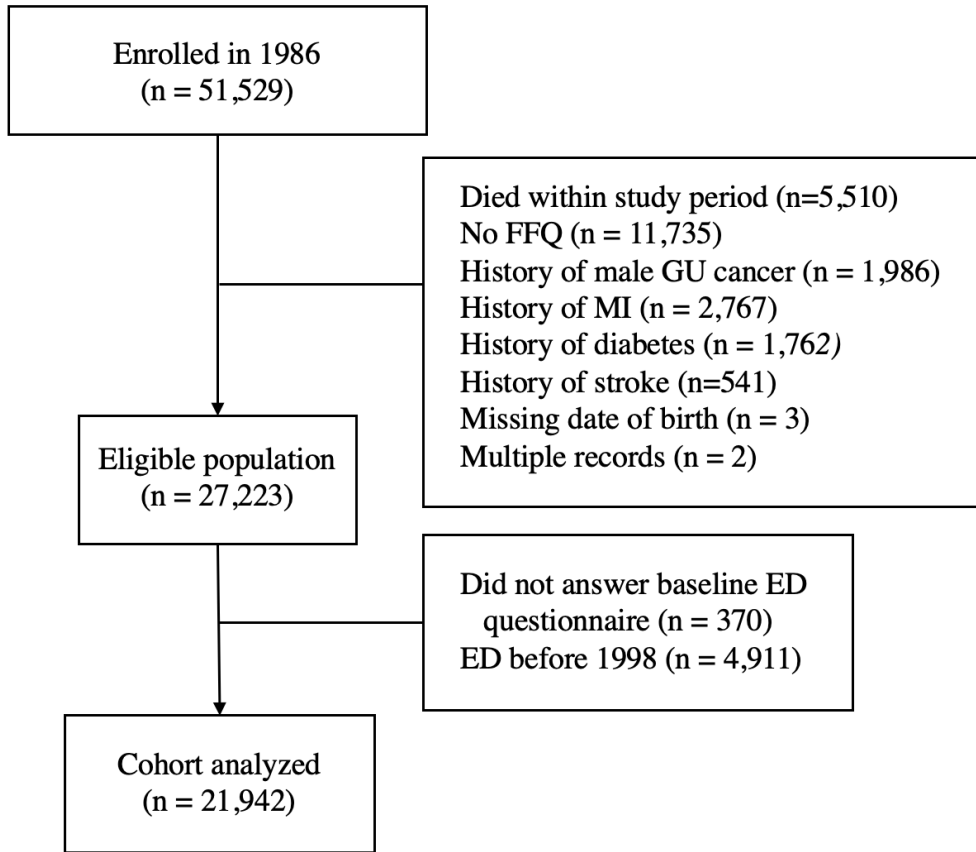
Table S2. Multivariable-adjusted association of individual components with incident erectile dysfunction.

PDI	hPDI	uPDI	Food groups	Quintile of servings per day					P for trend	
				1	2	3	4	5		
+	+	-	whole grains	mean	0.28	0.75	1.23	1.92	3.76	0.1
				(sd)	(0.14)	(0.14)	(0.15)	(0.28)	(1.28)	
				HR (95% CI)	1 (index)	1.03 (0.96-1.09)	1.09 (1.02-1.16)	1.06 (0.99-1.13)	1.05 (0.98-1.13)	
+	+	-	fruits	mean	0.38	0.89	1.38	1.99	3.54	0.0003
				(sd)	(0.17)	(0.14)	(0.15)	(0.22)	(1.32)	
				HR (95% CI)	1 (index)	1.00 (0.93-1.06)	0.95 (0.89-1.01)	0.91 (0.85-0.98)	0.90 (0.84-0.97)	
+	+	-	vegetables	mean	1.23	2.07	2.80	3.72	5.93	0.6
				(sd)	(0.35)	(0.20)	(0.22)	(0.33)	(1.87)	
				HR (95% CI)	1 (index)	1.03 (0.97-1.10)	1.0 (0.93-1.07)	0.97 (0.91-1.05)	1.02 (0.94-1.10)	
+	+	-	nuts	mean	0.03	0.14	0.27	0.53	1.40	0.5
				(sd)	(0.03)	(0.03)	(0.19)	(0.10)	(0.90)	
				HR (95% CI)	1 (index)	1.07 (1.00-1.14)	1.02 (0.95-1.08)	1.02 (0.96-1.09)	1.05 (0.98-1.12)	
+	+	-	legumes	mean	0.13	0.24	0.34	0.52	0.96	0.0009
				(sd)	(0.05)	(0.03)	(0.03)	(0.07)	(0.42)	
				HR (95% CI)	1 (index)	1.02 (0.96-1.08)	0.97 (0.91-1.03)	0.95 (0.89-1.01)	0.90 (0.84-0.97)	
+	+	-	vegetable oils	mean	0 (0)	0.05	0.13	0.34	0.80	0.5
				(sd)		(0.02)	(0.03)	(0.08)	(0.45)	
				HR (95% CI)	1 (index)	1.03 (0.97-1.10)	1.00 (0.93-1.06)	1.02 (0.95-1.09)	1.02 (0.96-1.09)	
+	+	-	tea and coffee	mean	0.18	1.07	2.15	3.04	5.19	0.002
				(sd)	(0.21)	(0.22)	(0.33)	(0.35)	(1.16)	
				HR (95% CI)	1 (index)	1.01 (0.95-1.08)	1.07 (1.01-1.14)	1.09 (1.03-1.16)	1.07 (1.01-1.14)	
+	-	+	fruit juice	mean	0.06	0.28	0.65	1.01	1.90	0.03
				(sd)	(0.05)	(0.09)	(0.13)	(0.07)	(0.96)	
				HR (95% CI)	1 (index)	1.01 (0.95-1.07)	1.00 (0.94-1.06)	0.99 (0.93-1.05)	0.94 (0.88-1.00)	
+	-	+	refined grains	mean	0.43	0.84	1.23	1.76	3.34	0.9
				(sd)	(0.15)	(0.11)	(0.12)	(0.21)	(1.14)	
				HR (95% CI)	1 (index)	1.01 (0.95-1.07)	0.98 (0.92-1.04)	1.00 (0.93-1.06)	1.01 (0.95-1.08)	
+	-	+	potatoes	mean	0.14	0.31	0.48	0.67	1.15	
				(sd)	(0.06)	(0.05)	(0.05)	(0.08)	(0.39)	

				HR (95% CI)	1 (index)	1.03 (0.96-1.09)	1.05 (0.98-1.12)	1.01 (0.94-1.08)	1.05 (0.98-1.12)	0.4
			sugar sweetened beverages	mean (sd)	0 (0)	0.04 (0.02)	0.12 (0.04)	0.35 (0.10)	1.19 (0.75)	
+	-	+		HR (95% CI)	1 (index)	1.00 (0.94-1.06)	1.00 (0.94-1.06)	0.98 (0.92-1.05)	1.02 (0.96-1.09)	0.5
			sweets and desserts	mean (sd)	0.22 (0.12)	0.60 (0.11)	1.04 (0.14)	1.65 (0.23)	3.47 (1.51)	
+	-	+		HR (95% CI)	1 (index)	1.03 (0.97-1.10)	1.02 (0.95-1.09)	1.01 (0.95-1.08)	1.01 (0.94-1.09)	0.9
			animal fat	mean (sd)	0 (0)	0 (0)	0.04 (0.02)	0.17 (0.11)	1.10 (0.87)	
-	-	-		HR (95% CI)	1 (index)	1.07 (0.99-1.14)	1.05 (0.99-1.13)	1.06 (0.99-1.13)	1.00 (0.93-1.07)	0.9
			dairy	mean (sd)	0.53 (0.22)	1.11 (0.14)	1.60 (0.15)	2.33 (0.29)	4.07 (1.29)	
-	-	-		HR (95% CI)	1 (index)	1.01 (0.95-1.08)	1.06 (1.00-1.13)	1.05 (0.98-1.12)	1.05 (0.98-1.12)	0.08
			eggs	mean (sd)	0.02 (0.02)	0.09 (0.02)	0.23 (0.09)	0.40 (0.03)	1.0 (0.58)	
-	-	-		HR (95% CI)	1 (index)	1.04 (0.98-1.11)	1.09 (1.03-1.16)	1.07 (1.00-1.14)	1.06 (0.99-1.14)	0.07
			fish	mean (sd)	0.09 (0.05)	0.21 (0.03)	0.32 (0.03)	0.47 (0.06)	0.87 (0.35)	
-	-	-		HR (95% CI)	1 (index)	0.98 (0.92-1.04)	0.95 (0.89-1.01)	0.96 (0.90-1.02)	0.94 (0.88-1.01)	0.2
			meat	mean (sd)	0.52 (0.19)	0.91 (0.09)	1.22 (0.10)	1.62 (0.14)	2.47 (0.71)	
-	-	-		HR (95% CI)	1 (index)	1.09 (1.02-1.16)	1.09 (1.02-1.17)	1.13 (1.06-1.21)	1.16 (1.08-1.25)	0.0001
			misc animal products	mean (sd)	0 (0)	0.05 (0.02)	0.11 (0.01)	0.17 (0.03)	1.46 (2.35)	
-	-	-		HR (95% CI)	1 (index)	1.04 (0.97-1.1)	1.03 (0.96-1.10)	1.06 (0.99-1.13)	1.01 (0.95-1.08)	0.7

Positive (+) and reverse (-) scoring for each food group according to index is shown in left columns. Abbreviations: CI = confidence interval; HR = hazard ratio; SD = standard deviation; PDI = plant-based diet index; hPDI = healthy plant-based diet index; uPDI = unhealthy plant-based diet index;

Figure S1. Study flowchart.



Abbreviations: ED = erectile dysfunction; FFQ = Food frequency questionnaire; GU = genitourinary; MI = myocardial infarction

Figure S2. Multivariable-adjusted association of plant-based diet indices with erectile dysfunction among pooled analytic study population.

